



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09452, Orange Pineapple Juice Blend

Report Date: June 30, 2017 16:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 246g
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Proximates

Water	g	87.24	--	--	214.61
Energy	kcal	51	--	--	125
Energy	kJ	214	--	--	526
Protein	g	0.41	1	--	1.01
Total lipid (fat)	g	0.08	--	--	0.20
Ash	g	0.35	--	--	0.86
Carbohydrate, by difference	g	12.20	1	--	30.01
Fiber, total dietary	g	0.2	--	--	0.5
Sugars, total	g	10.57	1	--	26.00

Minerals

Calcium, Ca	mg	8	1	--	20
Iron, Fe	mg	0.18	--	--	0.44
Magnesium, Mg	mg	10	--	--	25
Phosphorus, P	mg	11	--	--	27
Potassium, K	mg	150	1	--	369
Sodium, Na	mg	4	1	--	10
Zinc, Zn	mg	0.06	--	--	0.15
Copper, Cu	mg	0.034	--	--	0.084
Manganese, Mn	mg	0.378	--	--	0.930
Selenium, Se	µg	0.1	--	--	0.2

Vitamins

Vitamin C, total ascorbic acid	mg	40.7	1	--	100.1
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Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 246g
Thiamin	mg	0.040	--	--	0.098
Riboflavin	mg	0.025	--	--	0.062
Niacin	mg	0.173	--	--	0.426
Vitamin B-6	mg	0.061	--	--	0.150
Folate, total	µg	10	--	--	25
Folic acid	µg	0	--	--	0
Folate, food	µg	10	--	--	25
Folate, DFE	µg	10	--	--	25
Choline, total	mg	3.8	--	--	9.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	2
Retinol	µg	0	--	--	0
Carotene, beta	µg	5	--	--	12
Carotene, alpha	µg	3	--	--	7
Cryptoxanthin, beta	µg	9	--	--	22
Vitamin A, IU	IU	17	--	--	42
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	14	--	--	34
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.17
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2
Lipids					
Fatty acids, total saturated	g	0.011	--	--	0.027
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.010	--	--	0.025

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 246g
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.009	--	--	0.022
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.008	--	--	0.020
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.024	--	--	0.059
18:2 undifferentiated	g	0.019	--	--	0.047
18:3 undifferentiated	g	0.005	--	--	0.012
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0